

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
	Fitness & Stretch 10:00 am - 11:00am Laptop Computer Seminars 10:00 am - 11:30am Karaoke club (TBC) 12:45 pm - 3:45 pm	English (Intermediate) 10:00 am - 11:30 am Ping Pong Club 10:00 am - 12:00 pm iPad Class (Beginner) 10:00 am - 11:30 am iPad Class AM (Intermediate) 10:00 am - 11:30 am Hula Dace for Seniors 12:30 pm - 1:30 pm Thai Yoga for Seniors 1:45 pm - 2:45 pm Android Tablet Class (Beg.) 1:00 pm - 2:30 pm iPad Class PM (Intermediate) 1:00 pm - 2:30 pm	TG Lighthouse Program 10:00 am - 3:00 Japanese Class (Beginners) 10:00 am - 11:30 am Family Drop-In 10:00 am - 12:00 pm Lunch Program 11:45 am - 12:45 am Shogi/Go Club 1:00 pm - 3:00 pm	Fall Prevention Exercises 10:00 am - 11:00 am Shiatsu Training Course 10:00am - 2:00pm Aerobics for seniors 11:30 am - 12:30 pm Go Shin Jyutu (2F) 1:00 pm - 2:00 pm Mah-Jong Club (D/I \$4, NonM \$5) 1:00 pm - 4:00 pm Photo Club 2:30pm-4:00pm	English (Beginners) 10:00 am - 11:30 am Craft Club 10:00 am - 3:00 pm Lunch Program 11:45 am - 12:45 pm Sewing Class 12:30 pm - 3:00 pm Calligraphy 2:00 pm - 3:00 pm	
9	10	11	12	13	14	15
	Holiday CLOSED Thankgiving Day	English (Intermediate) 10:00 am - 11:30 am Ping Pong Club 10:00 am - 12:00 pm iPad Class (Beginner) 10:00 am - 11:30 am iPad Class AM (Intermediate) 10:00 am - 11:30 am Hula Dace for Seniors 12:30 pm - 1:30 pm Thai Yoga for Seniors 1:45 pm - 2:45 pm Android Tablet Class (Beg.) 1:00 pm - 2:30 pm iPad Class PM (Intermediate) 1:00 pm - 2:30 pm Family Support Group for Caregivers of Individuals Suffering	TG Lighthouse Program 10:00 am - 3:00 Japanese Class (Beginners) 10:00 am - 11:30 am Lunch Program 11:45 am - 12:45 am Shogi/Go Club 1:00 pm - 3:00 pm Young Craft Club 1:00pm - 3:00pm Family Support Group for Caregivers of Individuals Suffering from Dementia 1:30 pm - 3:00 pm	Fall Prevention Exercises 10:00 am - 11:00 am Shiatsu Training Course 10:00am - 2:00pm Brain Training 10:00 am - 11:15 pa Aerobics for seniors 11:30 am - 12:30 pm Mah-Jong Club (D/I \$4, NonM \$5) 1:00 pm - 4:00 pm Photo Club 2:30pm-4:00pm	English (Beginners) 10:00 am - 11:30 am Craft Club 10:00 am - 3:00 pm Lunch Program 11:45 am - 12:45 pm Sewing Class ** No Class ** Piano Sing Along 1:00 pm - 2:30 pm	TG ACTIVE CLUB 10am-12pm (by Donation)
16	17	18	19	20	21	22
	フィットネス&ストレッチ 10:00 am - 11:30am パソコン質問セミナー 10:00 am - 11:30am カラオケクラブ 12:45 pm - 3:45 pm	English (Intermediate) 10:00 am - 11:30 am Ping Pong Club 10:00 am - 12:00 pm iPad Class (Beginner) 10:00 am - 11:30 am iPad Class AM (Intermediate) 10:00 am - 11:30 am Hula Dace for Seniors 12:30 pm - 1:30 pm Thai Yoga for Seniors 1:45 pm - 2:45 pm Android Tablet Class (Beg.) 1:00 pm - 2:30 pm iPad Class PM (Intermediate) 1:00 pm - 2:30 pm	TG Lighthouse Program 10:00 am - 3:00 Japanese Class (Beginners) 10:00 am - 11:30 am Family Drop-In 10:00 am - 12:00 pm Lunch Program 11:45 am - 12:45 am Shogi/Go Club 1:00 pm - 3:00 pm	Fall Prevention Exercises 10:00 am - 11:00 am Shiatsu Training Course 10:00am - 2:00pm Aerobics for seniors 11:30 am - 12:30 pm Mah-Jong Club *no club* 1:00 pm - 4:00 pm Photo Club 2:30pm-4:00pm (10/20 Event Prep.) ** Volunteer needed ** *** Birthday Party*** for Oct-Dec born 1:00pm-2:15pm	English (Beginners) 10:00 am - 11:30 am Craft Club 10:00 am - 3:00 pm Lunch Program 11:45 am - 12:45 pm Sewing Class 12:30 pm - 3:00 pm Calligraphy 2:00 pm - 3:00 pm	
23	24	25	26	27	28	29
	*** Quoting*** NITOBE Garden JPN guided tour 10:00am-3:00pm Senior Life Seminar 1:30pm-3:00pm	English (Intermediate) 10:00 am - 11:30 am Ping Pong Club 10:00 am - 12:00 pm Hula Dace for Seniors ** No Class ** Thai Yoga for Seniors ** No Class ** SpecialSeminar-AM (1F) 10:00 am - 11:30 am iPad/Android Tablet SpecialSemino-PM (1F) 1:00 pm - 2:30 pm	TG Lighthouse Program 10:00 am - 3:00 Bon-odori 10:30 am - 11:30 am Japanese Class (Beginners) 10:00 am - 11:30 am Lunch Program 11:45 am - 12:45 am Shogi/Go Club 1:00 pm - 3:00 pm Young Craft Club 1:00pm - 3:00pm	Fall Prevention Exercises 10:00 am - 11:00 am Shiatsu Training Course 10:00am - 2:00pm Brain Training 11:15 am - 12:30 pm Aerobics for seniors 11:30 am - 12:30 pm Spanish Class 1:00 pm - 2:00 pm Mah-Jong Club (D/I \$4, NonM \$5) 1:00 pm - 4:00 pm Photo Club 2:30pm-4:00pm	English (Beginners) ** No Class ** Craft Club 10:00 am - 3:00 pm Lunch Program 11:45 am - 12:45 pm Sewing Class 12:30 pm - 3:00 pm Osteofit for senior 1:30 pm -2:15 pm (10/29 Event Prep) **Volunteer Needed!!**	~ Sake Night~ Sprints Of Japan Dooe 7pm Ticket \$ 7 5 *Volunteer Needed!*
30	31	Notes: EVENT VOLUNTEER NEEDED ! ! →Oct 20 (Thu) : Birthday Party Event Volunteer →Oct 28 (Fri) : Spirits Of Japan Event Prep Volunteer @Tonarigumi →Oct 29 (Sat) : Spirits Of Japan Event Setup/Support/Cleanup @CoastalHotel				
	(10/29 Lieu) CLOSED					